



What Can I Do to Improve My Memory?

- **Rhymes and Music:** Applying unfamiliar information to a familiar tune may help aid retention of the new information.
- **Associations:** Create a connection between new information and old information. Example: Sardinia is an island close to Italy. You could think of sardines on an Italian pizza in order to remember the name of the island.
- **Acronyms:** Acronyms are new “words” made up from the first letter in a series of words: NASA is an example. The N is from National, A is from Aeronautics, S is from Space and A is from Administration. Acronyms are useful when you need to recall a list of items, details, causes or parts of a whole.
- **Imagery:** This memory trick is especially useful for visual learners. When reviewing the information, place an image in your mind relating to the text: a diagram, a particular graph, picture or map. Recall the image in the picture when you review the material.
- **Categorizing:** When a student is faced with a length list to recall, it can be helpful to separate the list into smaller lists, each recognized by a common trait. It is much easier to memorize several small lists than one large one. Organization of information is the key to a large task such as this.
- **Creative Sentences:** A creative sentence is another method used to recall a list of information or classification of any group of items, such as a group of countries or a list of bones in the body.
- **Challenge Your Memory:** Card games, crossword puzzles, reading, board games, etc. will help you challenge your brain daily keeping it limber and active.

Speak With Your Doctor: *If you have concerns regarding your memory, write down specific concerns and then meet with your physician.*